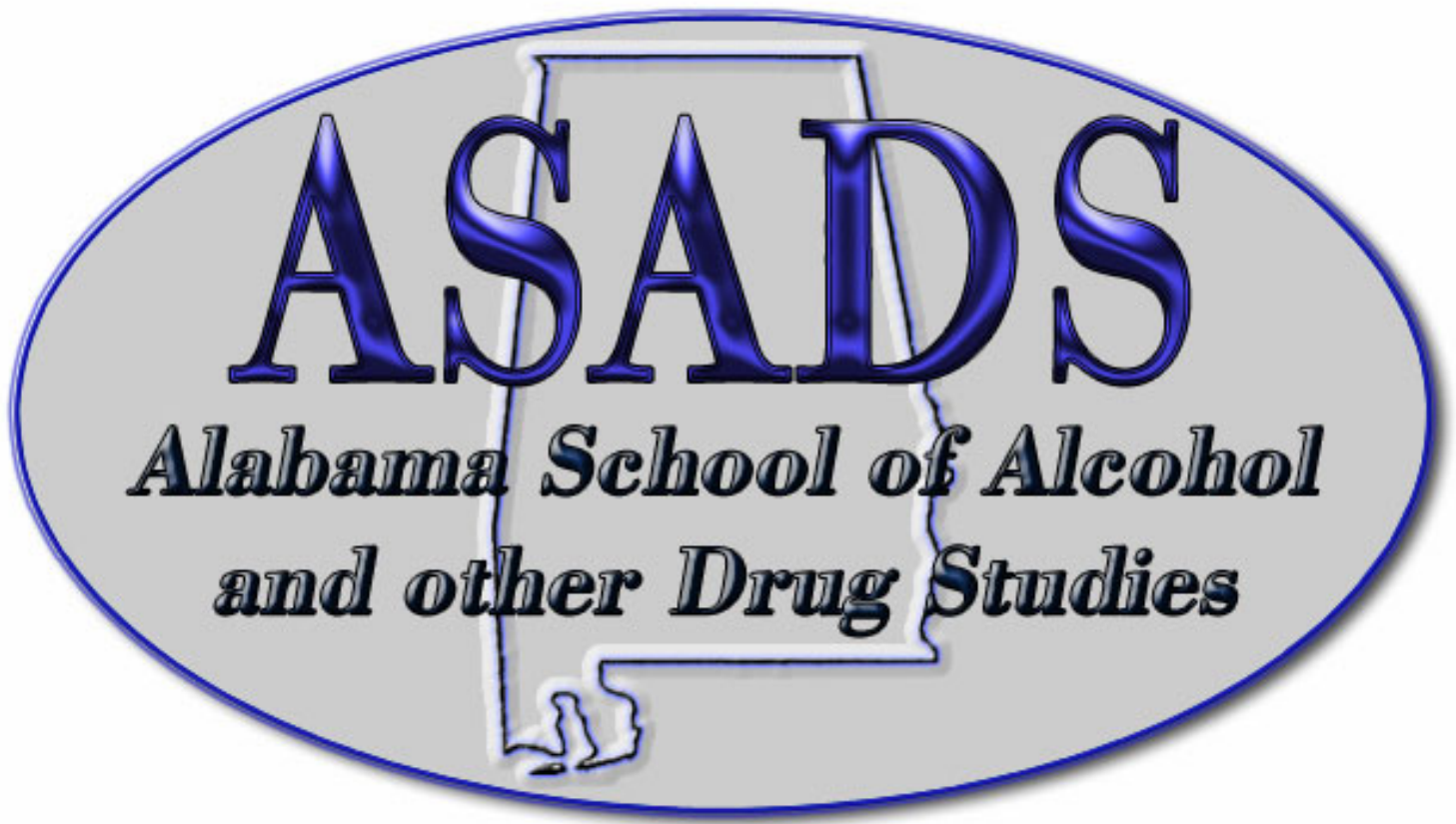


# ***33rd ANNUAL***



**March 10-14, 2008**

**Bryant Conference Center  
Tuscaloosa, Alabama**

A conference for professionals involved in the enforcement, prevention, identification, assessment, treatment and rehabilitation of chemical abuse and dependency.

## **ABOUT THE PROGRAM**

Each year in the spirit of public service, a committee of addictions specialists, educators and others from related fields spend 12 months planning the Alabama School of Alcohol and Other Drug Studies. **ASADS 2008** promises to provide a quality educational experience that will enhance both professional growth and job performance.

## **WHO SHOULD ATTEND**

The Alabama School of Alcohol and Other Drug Studies is designed to meet the continuing educational needs of professionals involved in the enforcement, prevention, identification, assessment, treatment and rehabilitation of chemical dependency, including:

Certified addiction professionals	Child protective staff
Clergy	Correctional personnel
Court referral officers	DUI program staff
EAP managers	Educators
Human resource professionals	Law enforcement professionals
Licensed professional counselors	Nurses
Physicians	Prevention specialists
Probation/parole officers	Psychologists
Rehabilitation specialists	School counselors
School system drug education coordinators	Social workers
Substance abuse treatment staff	Trauma counselors
Volunteers	Court referral education staff
Community corrections professionals	

Whether you are new to the chemical addictions field or an experienced professional, represent a public or private organization, or work in other related areas, you will benefit personally and professionally from this major educational event.

## **ASADS BOARD OF DIRECTORS**

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# GENERAL INFORMATION

## **TUITION**

Deadline for tuition is **FEBRUARY 22, 2008**. Registrations will be accepted until the first day of the conference; however **registrations post marked or faxed after February 22, 2008, must include an additional \$50.00 late fee.**

**Note: Pay close attention not to sign up for courses that will overlap.**

### **Tuition: Prior to February 22, 2008**

5 DAY ATTENDANCE FEE	\$325.00
4 DAY ATTENDANCE FEE	\$300.00
3 DAY ATTENDANCE FEE	\$225.00
2 DAY ATTENDANCE FEE	\$150.00
1 DAY ATTENDANCE FEE	\$75.00

Participants may register by mailing the enclosed registration form to ASADS, P.O. Box 19154, Birmingham, AL 35215, or fax to (205) 221-1802 with a purchase order or voucher.

Every effort will be made to ensure participants are enrolled in their first choice, however, enrollment is limited and reservations are made on a first-come, first-served basis. ASADS reserves the right to cancel any course for which minimum enrollment is not reached. If a course is cancelled and a transfer is not possible, a full refund of the tuition fee will be made.

## **ON-SITE REGISTRATION INFORMATION**

Registration will be held in the lobby of the Bryant Conference Center. (See **Week at a Glance Schedule** for registration opportunities).

## **CANCELLATIONS AND REFUNDS**

Cancellations received after **February 22, 2008** are subject to a 25% cancellation fee. No refunds are made after the program has begun. Participant substitutions are welcome.

ASADS reserves the right to cancel, postpone or combine class sections; to limit registration and to change instructors.

## **CONTINUING EDUCATION UNITS**

The continuing education unit (CEU) represents contact hours in an approved continuing education program. Participants can earn up to 25 hours of CEUs as follows:

- Monday - one day course up to 5.0 hours
- Tuesday & Wednesday - plenary sessions up to 2.0 hours
- Tuesday/Wednesday - two day course up to 9.0 hours
- Thursday/Friday - two day course up to 9.0 hours
- Tuesday or Wednesday - one day course up to 4.5 hours
- Thursday - one day course up to 5.75 hours

Participants attending the program, as documented by daily attendance, will have a certificate given to them upon completion of the School.

## **APPROVAL BY PROFESSIONAL ASSOCIATIONS**

The School has been designed to meet the requirements for professional development contact hours by the following organizations:

- Alabama Alcohol and Drug Abuse Association (AADAA)
- Alabama Alcoholism and Drug Counselor Certification Board
- Alabama State Board of Social Work Examiners
- National Board of Certified Counselors (Provider #5581)
- Marriage and Family Therapists

## **LODGING**

**HOST HOTEL:** Special arrangements have been made with the Four Points Hotel by ITT Sheraton, which is also the conference site, for conference participants at a special rate of \$96.00 for single, or double, plus tax. The hotel is located at 320 Bryant Drive, Tuscaloosa, Alabama 35401. Phone: (205) 752-3200 or 1-888-672-7070. Please indicate you are attending the ASADS Conference when making your reservation. **This special room block and rate is reserved until February 22, 2008. The hotel reserves the right to discontinue the special rate after that date. You must bring your confirmation letter indicating you are registered for this conference when you check in at the hotel in order to receive this special rate. One night's deposit is required when making your reservation.**

**ADDITIONAL HOTELS:** Additional rooms are available close to the Bryant Conference Center. Please refer to the following:

Best Western Park Plaza  
3801 McFarland Blvd.  
Tuscaloosa, Alabama  
(205) 556-9690

Hampton Inn  
600 Harper Lee Dr.  
Tuscaloosa, Alabama  
(205) 553-9800

Comfort Inn  
4501 McFarland Blvd., E.  
Tuscaloosa, Alabama  
(205) 345-1434

Fairfield Inn  
4101 Courtney Dr.  
Tuscaloosa, Alabama  
(205) 366-0900

## **LOCATION**

ASADS 2008 will be held in the Bryant Conference Center, 240 Paul W. Bryant Drive, on the campus of the University of Alabama, Tuscaloosa.

## FOOD AND REFRESHMENTS

Beverages and light snacks will be offered during break times. ASADS will provide lunch on Monday, Tuesday and Thursday. Lunch will be on your own on Wednesday.

## ADDITIONAL INFORMATION

For additional information, contact ASADS by phone at (205) 221-5644 or Kathy Seifried at (334) 242-3967 or [kathy.seifried@mh.alabama.gov](mailto:kathy.seifried@mh.alabama.gov)

## VISIT OUR WEB SITE

Additional copies of the conference brochure may be downloaded at [www.alabamaschool.org](http://www.alabamaschool.org)

## SPECIAL NEEDS

In accordance with the Americans with Disabilities Act, please make known any accommodations, concerns, or needs so that we may provide assistance. See registration form.

# WEEK AT A GLANCE

March 10 Monday	March 11 Tuesday	March 12 Wednesday	March 13 Thursday	March 14 Friday
8:00 – 10:00AM REGISTRATION	7:30 - 8:30AM REGISTRATION	7:30 - 8:30AM REGISTRATION	7:30 - 8:30AM REGISTRATION	
	8:30 – 9:00AM ANNOUNCEMENTS	8:30 – 9:00AM ANNOUNCEMENTS	8:30 – 10:00AM WORKSHOPS	8:30 – 10:00AM WORKSHOPS
	9:00 - 10:00AM PLENARY <b>SMART RECOVERY</b> Joe Gerstein and Barry Grant	9:00 - 10:00AM PLENARY <b>ADVANCING RECOVERY IN 2008</b> Carol McDaid	10:00 - 10:30AM BREAK	10:00 - 10:15AM BREAK
			10:30 - 11:45AM WORKSHOPS	10:15 - 12:00PM WORKSHOPS
10:00 – 11:45AM WORKSHOPS	10:15AM - 11:45AM WORKSHOPS	10:15AM - 11:45AM WORKSHOPS	11:45AM – 1:00PM LUNCH	CERTIFICATES WILL BE HANDED OUT AT THE END OF WORKSHOPS
11:45AM – 12:30PM LUNCH	11:45AM – 1:00PM LUNCH	11:45AM – 1:00PM LUNCH <b>on your own</b>	1:00 - 2:30PM WORKSHOPS	
12:30 - 2:30PM WORKSHOPS	1:00 - 2:30PM WORKSHOPS	1:00 - 2:30PM WORKSHOPS	2:30PM – 3:00PM BREAK	
2:30 - 3:00PM BREAK	2:30PM – 3:00PM BREAK	2:30PM – 3:00PM BREAK	3:00 - 4:30PM WORKSHOPS	
3:00 – 4:30PM WORKSHOPS	3:00 - 4:30 WORKSHOPS	3:00 - 4:30PM WORKSHOPS	4:45 - 5:45PM SELF HELP MEETINGS	
4:45 - 5:45PM SELF HELP MEETINGS	4:45 - 5:45PM SELF HELP MEETINGS			

Self Help Meetings offered on Monday, Tuesday, and Thursday evenings.  
A list of locations will be available in the participant's package.

# COURSES AT A GLANCE

## ONE DAY COURSES

Monday Only **Note: Pay close attention not to sign up for courses that will overlap.**

- M1** - HIV/AIDS 101 for Mental Health/Prevention/Substance Abuse Professionals
- M2** - Prevention Ethics
- M3** - Preparing for the Substance Abuse Counselor's Exam
- M4** - Managing Addictions
- M5** - Accidental Addiction: A Look at Pain Pill Addiction and Suboxone Therapy
- M6** - Managing Disruptive Audience
- M7** - Illicit Drugs 101
- M8** - The Art and Science of Interventions
- M9** - Evidence-Based Practices: A Primer for Addiction Treatment Practitioners
- M10** - SMART Recovery "InsideOut" Correctional Facility Training Program
- M11** - A Comprehensive Look at Methamphetamine and Alcohol Addiction and Prevention
- M12** - Drug Testing - How to Turn Your Drug Testing Program into A Funding Source for Your Program

### Tuesday Only

- T1** - Ethics for Addiction Professionals
- T2** - "MAP"ping Out Priorities: Stress and Time Management
- T3** - SMART Recovery Therapy - A Program for Professional Assisting Clients with Mental Health and Drug Issues
- T4** - Evidence-Based Practices: A Primer for Addiction Treatment Practitioners

### Wednesday Only

- W1** - Fetal Alcohol Spectrum Disorder (FASD): An Overview and Understanding of its Impact
- W2** - Wellness for the Addiction Professional
- W3** - Nicotine Addiction: The Impact on the Brain
- W4** - Clinical Supervision

### Thursday Only

- TH1** - Hepatitis C: What You Need to Know
- TH2** - Preparing for the Substance Abuse Prevention Exam
- TH3** - Wellness for the Addiction Professional

## TWO DAY COURSES

### Tuesday and Wednesday

- TW1** - From Discovery to Recovery: Neuroscience, Spirituality and 12 Step Facilitated Recovery
- TW2** - Juvenile Sexual Offender
- TW3** - Effective Approaches to Youth/Gang Violence & Drug Dealing
- TW4** - Advanced Primer on Addiction Pharmacy: What Behavioral Healthcare Practitioners Need to Know
- TW5** - An Overview of Sexual Offender Treatment for Non-Criminal Audience
- TW6** - PTSD: Pregnant Women with Substance Abuse Issues
- TW7** - Overview of the Current Substance Abuse Standards 2008
- TW8** - The Troubled Employee
- TW9** - Motivational Interviewing and Treatment Planning

**OR**

### Thursday and Friday

- TF1** - Trends and Issues in Medicated Assisted Treatment
- TF2** - Learning the 12 Core Functions of Counseling
- TF3** - The Hijacking of the Adolescent Brain
- TF4** - Adolescent Group Techniques that Really Work
- TF5** - Learning the Art of Group Therapy
- TF6** - Joining Families in Recovery for Addiction
- TF7** - Treatment of Adolescent and Adults in the Criminal Justice System
- TF8** - Environmental Strategies for Your Community
- TF9** - Understanding and Utilizing ASAMS Placement Criteria in the Treatment Setting
- TF10** - Social and Multicultural Diversity Awareness in Special Population of Substance abuse



# PLENARY SESSIONS

There will be plenary sessions Tuesday and Wednesday from 9:00a.m. until 10:00a.m. in the Sellers Auditorium. CEU's will be offered for these sessions.

## TUESDAY:

### 13 YEARS OF SMART RECOVERY IN COMMUNITIES & CORRECTIONS - FROM BOSTON TO BOKHARA: FROM DALLAS TO DANANG

Dr. Gerstein, MD, will provide a history, an academic perspective and an overview of the SMART Recovery program, followed by a "personal perspective" presented by Barry Grant. Barry exemplifies the process of successful Community re-entry – his trudges through the perils of addiction, to prison life, to his present role of Director of Work Release & Educational Development for Community Education Centers – his story is powerful and enlightening.

**Speakers:** Joseph Gerstein and Barry Grant

SPONSORED IN PART BY SMART RECOVERY

## WEDNESDAY:

### ADVANCING RECOVERY IN 2008: A REPORT FROM FACES AND VOICES OF RECOVERY

The presentation will provide an overview of the latest developments in recovery oriented systems of care and techniques in recovery advocacy. Topics covered will include recovery community organizations, recovery support services, the Center for Substance Abuse Treatment's (CSAT) federally funded recovery support programs all around the country and findings from the Betty Ford Institute's Consensus Conference on the Definition of Recovery. Carol McDaid will also provide an update on key pieces of federal legislation affecting individuals and families in or seeking recovery. Time will be provided for an interactive question and answer period.

**Speaker:** Carol McDaid

## COURSES AT A GLANCE

Participants must select a first, second, and third choice for all courses they want to take. When a course reaches capacity it will be closed. **Note:** Pay close attention not to sign up for courses that will overlap.

### ONE DAY COURSES: Offered on Monday only.

**Note:** Pay close attention not to sign up for courses that will overlap.

#### **M1** HIV/AIDS 101 FOR MENTAL HEALTH/PREVENTION/SUBSTANCE ABUSE PROFESSIONALS

Rick Meriwether, B.S., Project Coordinator  
UAB Department of Medicine, Division of Infectious Diseases  
STD Program

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This one-day course is designed to provide mental health staff, prevention staff, and substance abuse counselors a foundation of knowledge about HIV/AIDS. The course covers the basics of HIV vs. AIDS, transmission issues, symptoms and latest treatment available for those infected.

**Objectives:** Participants will:

- Define: HIV, AIDS, confidentiality, CD4, viral load and client-centered counseling.
- List the modes of transmission for HIV.
- Identify basic HIV testing options and latest treatments available.
- Discuss key Alabama laws, rules & regulations regarding HIV/AIDS; i.e. consent, testing, reporting of test results, and treatment issues.

SPONSORED BY UAB DEPARTMENT OF MEDICINE, DIVISION OF INFECTIOUS DISEASE

#### **M2** PREVENTION ETHICS

Mike McLemore, McLemore Consulting

**Target Audience:** Prevention Professionals, Educators, Law Enforcement Officials, Community Coalition Leaders and others who are responsible for the planning and delivery of substance abuse prevention programs and strategies.

**Description:** Prevention professionals need a model for ethical decision-making and practice. An ethical decision model will be taught and participants will

be intensely involved in working through relevant case studies using the model. Participants will be prepared to address emerging issues using this model.

**Objectives:** Participants will:

- Be able to describe a model for ethical decision-making.
- Use the model with case studies.
- Learn specific principles for a learning community.
- Be able to develop case studies.
- Develop a plan to implement the training locally.

SPONSORED BY AADAA AND MCLEMORE CONSULTING

#### **M3** PREPARING FOR THE SUBSTANCE ABUSE COUNSELOR'S EXAM

Bruce Kimble, LPC, CADP, ICADF  
Clinical Coordinator for the Human Resources Development  
Institute/L.I.F.E. Tech

**Target Audience:** Substance Abuse and Chemical Dependency Professionals preparing to take the substance abuse certification exam.

**Description:** This course includes an in-depth study of the five Performance Domains of Substance Abuse Counseling, as well as a study of the 12 core functions of the substance abuse counselor. The course includes exam procedures of the Alabama Alcohol and Drug Abuse Association (AADAA) and the International Counselor Reciprocity Consortium (ICRC), as well as a practice exam, and exploring the item structure of the written certification exam.

**Objectives:** Participants will:

- Become aware of the process to become certified.
- Learn the 12 core functions required to pass the test.

SPONSORED BY AADAA

#### **M4** MANAGING ADDICTIONS

F. Michler Bishop, Ph.D., Director, Alcohol and Substance  
Abuse Services, Albert Ellis Institute

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** What works best for whom? Choose evidence-based approaches for your clients. Learn an integrative approach. Thirty-percent of psychotherapy clients have addictive problems. Learn how to help them. Select techniques from motivational interviewing, cognitive behavioral and spiritual/existential approaches.

**Objectives:** Participants will:

- Learn how to create effective, separate and distinct, evidence-based treatment plans for separate/ distinct clients and client groups.
- Learn how to integrate Motivational Interviewing techniques with CBT techniques to create more effective therapeutic approaches for under-motivated, ambivalent clients.
- Learn how to use insight into the roots of individual problems to generate greater motivation to commitment and change.
- Learn how to integrate 12-step and SMART Recovery approaches into their treatment plans.

SPONSORED IN PART BY SMART RECOVERY

## M5 ACCIDENTAL ADDICTION: A LOOK AT PAIN PILL ADDICTION AND SUBOXONE THERAPY.

Cindy Hatcher Warren, MS, MLAP, Focal Point Professional Services, LLC. Daphne AL.

**Target Audience:** Professions who work with or need to understand pain pill addiction, Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Pain pill dependence is considered a brain disease. Overcoming pain pill dependence is not as simple as eliminating the substance of abuse from the client's system. SUBOXONE therapy provides a way to treat pain pill addiction with benefits of efficacy, privacy, confidence, control, freedom and flexibility.

**Objectives:** Participants will:

- Develop an understanding of pain pill dependence.
- Learn how SUBOXONE works.
- Understand withdrawals.
- Understand induction and dosing of SUBOXONE.
- Be able to tie SUBOXONE therapy with counseling using a medical model.
- Understand how to find a SUBOXONE certified physician and other resources.

## M6 DISRUPTIVE AUDIENCE MANAGEMENT FOR THE PREVENTION PROFESSIONAL

Debi Trumbull, MA, APS, Prevention Director, Mental Health Center of Madison County

**Target Audience:** Prevention Professionals, Educators, Law Enforcement Officials, Community Coalition Leaders and others who are responsible for the planning and delivery of substance abuse prevention programs and strategies.

**Description:** Working with groups of high-risk/at-risk children, youth and adults is challenging. Often times the behavior of the group or individuals within the group directly impacts the success we as professionals have with meeting program objectives and obtaining desired outcomes. This class will provide you with some of the basic skills and knowledge needed to succeed.

**Objectives:** Participants will:

1. Establish effective ground rules for use in your groups.
2. Understand the different learning styles and how they affect not only your teaching style, but also student learning and behavior.
3. Identify the characteristics of an effective trainer.
4. Learn how to deal with specific problem behaviors.

SPONSORED BY MENTAL HEALTH CENTER OF MADISON COUNTY

## M7 ILLICIT DRUGS 101

Sylinda A. Randall, BS, ICPs, CPM, Program Administrator, UAB Prevention Programs

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This course will provide participants with an understanding of the different illicit drugs and their side effects, as well as the latest statistics and trends. Participants will also learn the latest slang for these drugs. Finally, participants will be familiarized with the different prevention website "tools" that are currently available.

**Objectives:** Participants will:

- Learn the different classifications and CSA Schedules of illicit drugs.
- Learn slang that is used by youth in reference to illicit drugs.
- Learn the latest trends that youth, adults, and businesses are using to promote drug use.
- Learn up-to-date statistics regarding illicit drugs.
- Be able to familiarize themselves with the latest website resources available to prevention professionals.

## M8 THE ART AND SCIENCE OF INTERVENTION

John Southworth, CAD, NCAC I, BRI II  
CEO Southworth Associates, Interventions, Monitoring & Consulting

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** An overview of the three main intervention models (Johnson, ARISE, and Systemic) and the role interventions (and interventionists) play in the recovery process. Depending on time permitted, a mock intervention utilizing audience participation will be conducted.

**Objectives:** Participants will:

- Identify the three phases of the demonstrated recovery process and describe the various roles of the referent, interventionist, treatment center, and monitor.
- Summarize a non-adversarial intervention, contrasting it to a traditional confrontational model.

SPONSORED BY PINE GROVE BEHAVIORAL HEALTH AND ADDICTION SERVICES

## M9 EVIDENCE-BASED PRACTICES: A PRIMER FOR ADDICTION TREATMENT PRACTITIONERS

Pamela Waters, MEd, CAC, CAPP, Director, Southern Coast Addiction Technology Transfer Center

Joan Leary, LPC, Project Manager, Southern Coast Addiction Technology Transfer Center

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Effective interventions (evidence-based practices- EBP) are fundamental to improving service delivery, yet are useless without being adopted/implemented in keeping with sound practices. This workshop provides a foundation of knowledge and skills essential for understanding and using EBPs. A treatment practice model is used as a foundation for the application of EBPs. Participants have the opportunity to hone clinical questions and their critical appraisal of EBPs. Emphasis will be placed on changing practices, including discussion of strategies for moving from evidence to action.

**Objectives:** Participants will:

- Learn the importance of the EBP paradigm as a basis for practice.
- Discuss attitudes about research and its connection to practice and policy.
- Understand the different levels of research evidence.
- Identify a process model for the application of EBPs.
- Delineate the processes that are important for implementation of EBPs.
- Identify evidence-based practice resources.
- Assess the utility of a select group of evidence-based practices for substance abuse treatment.

SPONSORED BY SCATTC

## M10 SMART RECOVERY “INSIDEOUT” CORRECTIONAL FACILITY TRAINING PROGRAM

Joseph Gerstein, Assistant Clinical Professor of Medicine  
(Ret), Harvard Medical School

Barry Grant, Director of Work Release and Educational  
Development, Community Education Centers

Tom Litwicki, Director of Programs, Old Pueblo Community  
Foundation

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Because of the need for alternative recovery programs for inmates, SMART Recovery teamed with Inflexion to develop a secular-oriented substance abuse program called *InsideOut*. Developed with a \$1M grant from NIDA, *InsideOut* provides a cognitive-behavioral approach for substance abuse treatment in correctional settings. *InsideOut* can help correctional facilities quickly deliver a high-quality, engaging substance abuse treatment program.

**Objectives:** Participants will:

- Become familiar with aspects of the SMART Recovery 4-Point Program addressed in the *InsideOut* program, including: 1. Building motivation to abstain from addictive behavior; 2. Coping with urges; 3. Learning rational ways to manage one's thoughts, feelings, and behaviors; and 4. Balancing short-term and long-term pleasures and satisfactions in life (reduced recidivism). The program also incorporates correcting criminal thinking errors.
- Learn of an innovative approach to recovery from addictions that responds to court decisions, and is focused on preventing recidivism.
- Learn how to conduct the *InsideOut* correctional program.

SPONSORED IN PART BY SMART RECOVERY

## M11 A COMPREHENSIVE LOOK AT METHAMPHETAMINE AND ALCOHOL ADDICTION & PREVENTION

Dr. John Lee Fleming  
Former Mayor Pro Tem & 1<sup>st</sup> Chairman of Drug Task Force for  
Jackson, AL  
Former Vice-President of “Xplorations” in Lifelong Learning at  
UA

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Audio visual comments and descriptions from real addicts will be reviewed. A study of addictions to alcohol & “Meth” in Alabama is presented. Prevention of addiction is outlined, how “Meth” is made, & the reason that “Meth” is often the drug of choice is discussed. The program is educational as well as motivational. Early education = Prevention. Myths about alcohol use are shot down by facts.

**Objectives:** Participants will:

- Learn how easily alcohol and “Meth” can be obtained by youth in Alabama.
- Get an explanation of “The Hole Theory” as it applies to addiction to any substance.
- Come away with a new perspective on prevention of addiction to alcohol and “Meth”.
- Feel more confident of their knowledge of the details involved in abuse of alcohol and “Meth”.
- See firsthand pictures of the devastation which is caused by addiction to either of these substances.
- Learn the importance of “Networking”.

## M12 DRUG TESTING – HOW TO TURN YOUR DRUG TESTING INTO A FUNDING SOURCE FOR YOUR PROGRAM

Gene Cleckler, LCSW, NCACI  
Executive Director

Drug Testing Program Management – A subsidiary of Family  
Life Center, Inc.

**Target Audience:** Substance Abuse and Chemical Dependency Professionals who work in treatment centers that perform drug testing on clients and/or local agencies.

**Description:** This course will discuss the major goals of establishing a drug testing program; to promote accurate and reliable drug testing and establishes a method for programs to turn their drug testing into a profit center for their organization. There will be an overview of exactly what type of drug testing is available on the market today, DOT and Non-DOT collection methods, direct observation of collections, methods of adulteration, rules and regulations of reporting drug screens, marketing of drug screens and how to help drug testing be a tool for your organization.

**Objectives:** Participants will:

- Become familiar with DOT and Non-DOT drug testing guidelines.
- Become certified to collect DOT drug test. (optional)
- Gain an understanding of Chain of Custody procedures.
- Become familiar with methods clients utilize to falsify drug testing.
- Gain an understanding of creatinine, specific gravity and adulteration issues.
- Gain an understanding of opportunities in your community to expand your drug testing and gain additional funding for your program.
- Hear from directors that have used drug testing.
- Learn how to utilize a data management program.

SPONSORED BY DRUG TESTING PROGRAM MANAGEMENT

### Offered Tuesday only.

**Note:** Pay close attention not to sign up for courses that will overlap.

## T1 ETHICS FOR ADDICTION PROFESSIONALS

Steve Flora, BS, AAP  
Program Director of Huntsville Metro Treatment Center

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** A comprehensive audience-participation session which will include discussion about ethics in general, how ethics applies to the field of addiction issues of dual relationships, the recovering counselor, supervisor-supervisee ethics, and ethical decision making and case studies will be presented wherein participants will solve ethical dilemmas.

**Objectives:** Participants will:

- Understand the difference between ethics and personal values.
- Recognize dual relationships and how to prevent those relationships.
- Identify ethical and legal issues in counseling.
- Understand an ethical decision-making model.
- Understand the ethical relationship between supervisor and supervisee.
- Be able to solve ethical dilemmas in case studies.

SPONSORED BY AADAA AND HUNTSVILLE METRO TREATMENT CENTER

## T2 “MAP”PING OUT PRIORITIES: STRESS AND TIME MANAGEMENT

Sharleen Smith Associate Director, Alabama Training  
Institute

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** In today's technology-driven and fast paced world, it is hard to keep your priorities at the forefront on a weekly or daily basis. Most of us find it difficult to balance the demands of home and the office since both are priorities. The line between work and personal life is blurred. As a result, the consequences of stress in the workplace come from what is happening to us both on and off the job. Is your plan for managing stress and time working



for you? Do you have an assessment that you can use to know whether you are on track or have taken a detour? It is possible to map out a plan to accomplish work and personal matters with the least distress and maximize the use of time. Assessing your priorities in life is one thing, living out your chosen priorities is another.

**Objectives:** Participants will:

- Develop professional and personal skills to deal with multiple priorities.
- Learn to reduce stress.
- Understand how to build a time management model.
- Be able to increase productivity.
- Recognize ways to improve relationships.
- Identify more effective interpersonal values.
- Discover how to add value and balance to each day.

### T3 SMART RECOVERY THERAPY – A PROGRAM FOR PROFESSIONALS ASSISTING CLIENTS WITH MENTAL HEALTH AND DRUG ISSUES

F. Michler Bishop, Ph.D. Director, Alcohol and Substance Abuse Services, Albert Ellis Institute

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Developed at the Brockville Psychiatric Hospital, this program aims to engage the individual in the recovery process, increase individual insight, motivate and sustain change through education and skill development. The program incorporates the Integrative Model of Change (Prochaska/DiClemente), Rational Emotive Behavior Therapy (Ellis), Solution Focused Therapy (DeShazer) and the SMART Recovery 4-Point Program.

**Objectives:** Participants will:

- Learn how to engage the individual in a therapeutic relationship and motivate change through education.
- Learn how to facilitate SMART Recovery Therapy sessions that sustained cognitive and behavioral change for the client.
- Encourage clients to continue to seek ongoing support and provide them with an introduction to the SMART Recovery program.

SPONSORED IN PART BY SMART RECOVERY

### T4 EVIDENCE-BASED PRACTICES: A PRIMER FOR ADDICTION TREATMENT PRACTITIONERS

Pamela Waters, MEd, CAC, CAPP, Director, Southern Coast Addiction Technology Transfer Center

Joan Leary, LPC, Project Manager, Southern Coast Addiction Technology Transfer Center

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Effective interventions (evidence-based practices- EBP) are fundamental to improving service delivery, yet are useless without being adopted/implemented in keeping with sound practices. This workshop provides a foundation of knowledge and skills essential for understanding and using EBPs. A treatment practice model is used as a foundation for the application of EBPs. Participants have the opportunity to hone clinical questions and their critical appraisal of EBPs. Emphasis will be placed on changing practices, including discussion of strategies for moving from evidence to action.

**Objectives:** Participants will:

- Learn the importance of the EBP paradigm as a basis for practice.
- Discuss attitudes about research and its connection to practice and policy.
- Understand the different levels of research evidence.
- Identify a process model for the application of EBPs.
- Delineate the processes that are important for implementation of EBPs.
- Identify evidence-based practice resources.
- Assess the utility of a select group of evidence-based practices for substance abuse treatment.

SPONSORED BY SCATTC

**Offered Wednesday only.**

**Note: Pay close attention not to sign up for courses that will overlap.**

### W1 FETAL ALCOHOL SPECTRUM DISORDERS (FASD): AN OVERVIEW AND UNDERSTANDING OF ITS IMPACT

Barbara H. Oliver, CRNP, Prevention Coordinator, University of South Alabama Department of Medical Genetics, AL Birth Defects Surveillance and Prevention Program

Johnna Breland, Parent and Past President AL Foster and Adoptive Parent Association

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This course will provide participants with an overview and understanding of FASD: the cause and characteristics, primary and secondary disabilities, and behavioral issues. Participants will then learn strategies that address the neurological deficits of individuals with FASD and be introduced to prevention and treatment strategies.

**Objectives:** Participants will:

- Identify the cause and prevalence of FASD.
- Identify characteristics of individuals with FASD.
- Gain knowledge of the impact FASD has on the life of the individual, family and community.
- Investigate effective strategies for working with persons with FASD.
- Be aware of effective prevention strategies.

### W2 WELLNESS FOR THE ADDICTION PROFESSIONAL

Leslie Meadows, MS, Associate Director, Alabama Training Institute

Sharleen Smith, Associate Director, Alabama Training Institute

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** The field of addiction can be highly demanding on the professionals serving this population. Addiction professionals face the challenges of working with individuals who often are at the height of emotional, social, financial, and physical pain. Our clients' personal tragedies can impact our wellbeing and take a toll on our personal lives. This course will discuss the importance of maintaining balance in our professional and personal lives. We will explore ways to process traumatic exposure and identify ways to reduce the impact of daily stressors. Through discovering strategies to build positive and healthy lifestyles, we will learn the benefits of making self-care a priority.

**Objectives:** Participants will:

- Learn to identify daily stressors.
- Learn how to effectively process their stressors.
- Understand the impact of vicarious trauma.
- Discover strategies for a healthy lifestyle.
- Develop a wellness plan for life.

### W3 NICOTINE ADDICTION: THE IMPACT ON THE BRAIN

Fayetta Royal, MA, Public Health Educator/Tobacco Prevention & Control Coordinator, Public Health Area 3

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** The course will identify nicotine as an addictive drug and describe the direct effects nicotine causes on the brain. Treatment methods for nicotine addiction will be outlined during the course. A brief intervention tool developed through the Alabama Department of Public Health to assist clients in quitting their nicotine addiction will be discussed.

**Objectives:** Participants will:

- Obtain a clear understanding of why tobacco use is so addictive.
- Learn a brief tool for assessing client's willingness to quit their nicotine addiction.
- Gain knowledge of resources to assist clients with their nicotine addiction.

SPONSORED BY THE ALABAMA DEPARTMENT OF PUBLIC HEALTH.

## W4 CLINICAL SUPERVISION

Sheldon L. Rosenzweig, MA, LPC, CCS MLAP

**Target Audience:** Substance Abuse and Chemical Dependency Professionals preparing to take the ICRC/AODA International Written Clinical Supervisor Examination for the Certified Clinical Supervisor Credential and other interested Substance Abuse Professionals.

**Description:** This course will introduce the prospective Clinical Supervisor to an overview of critical information needed to successfully complete and pass the ICRC Clinical Supervisor Exam as well as providing a forum for discussing the business of supervision.

**Objectives:** Participants will:

- Become familiar with the Certified Clinical Supervisor Performance Domains.
- Learn how the examination has evolved and its history.
- Understand the purpose of and demonstrate the ability to provide professional and industry standard clinical supervision.
- Recognize patterns and characteristics of supervisory approaches and the performance domains.
- Understand the functions and purpose of supervision.
- Discuss real situations. Participants are expected to bring a short vignette to share with the group.

SPONSORED BY AADAA

## Offered Thursday only.

**Note:** Pay close attention not to sign up for courses that will overlap.

## TH1 HEPATITIS C: WHAT YOU NEED TO KNOW...

Xavier Laucirica, MSN, MPH, FNP, BC  
Nurse Practitioner Hepatology Division  
Roche Pharmaceuticals

**Target Audience:** Nurses, Case Managers, mid-level providers and anyone involved in patient advocacy for patients that are involved in high risk activity that could potentially expose them or infect them with the Hepatitis C Virus.

**Description:** This course will discuss Hepatitis C, what it is and how it is treated. Prevention of Hepatitis C, side effects of Hepatitis C treatment, and goals of Hepatitis C treatment will also be discussed.

**Objectives:** Participants will:

- Identify high risk behavior related to Hepatitis C infection.
- Describe the various modes of transmission of the Hepatitis C Virus.
- Describe methods of preventing infection with Hepatitis C.
- Describe the disease state, its progression and importance of early treatment.
- Understand treatment for Hepatitis C.
- Understand side effect management while undergoing treatment for Hepatitis C.
- Understand the importance of community education for the prevention and spread of Hepatitis C.
- Feel comfortable taking an active role in educating others on Hepatitis C and the importance of early prevention and treatment.

SPONSORED BY ROCHE PHARMACEUTICALS

## TH2 PREPARING FOR THE SUBSTANCE ABUSE PREVENTION CERTIFICATION EXAM

Mike McLemore, McLemore Consulting

**Target Audience:** Prevention Professionals, Educators, Law Enforcement Officials, Community Coalition Leaders and others who are responsible for the planning and delivery of substance abuse prevention programs and strategies.

**Description:** This course provides learning and practice within the five prevention competency domains covered on the written test (i.e., the IC&RC exam) for certification. Many prevention professionals have limited knowledge and experience in certain competency domains. This course helps participants to

gain an overview of the key elements, skills and knowledge areas of each of the five domains, and some practical application in each domain.

**Objectives:** Participants will:

- Identify the five prevention competency domains.
- Learn skills in each competency domain.
- Be able to apply knowledge in each competency domain.
- Understand the structure of the ICRC exam and criteria for certification.

SPONSORED BY AADAA AND MCLEMORE CONSULTING

## TH2 WELLNESS FOR THE ADDICTION PROFESSIONAL

Leslie Meadows, M.S. Associate Director, Alabama Training Institute

Sharleen Smith, Associate Director, Alabama Training Institute

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** The field of addiction can be highly demanding on the professionals serving this population. Addiction professionals face the challenges of working with individuals who often are at the height of emotional, social, financial, and physical pain. Our clients' personal tragedies can impact our wellbeing and take a toll on our personal lives. This course will discuss the importance of maintaining balance in our professional and personal lives. We will explore ways to process traumatic exposure and identify ways to reduce the impact of daily stressors. Through discovering strategies to build positive and healthy lifestyles, we will learn the benefits of making self-care a priority.

**Objectives:** Participants will:

- Learn to identify daily stressors.
- Learn how to effectively process their stressors.
- Understand the impact of vicarious trauma.
- Discover strategies for a healthy lifestyle.
- Develop a wellness plan for life.

## TWO DAY COURSES

### TUESDAY AND WEDNESDAY COURSES (TW)

## TW1 FROM DISCOVERY TO RECOVERY: NEUROSCIENCE, SPIRITUALITY AND 12 STEP FACILITATED RECOVERY

Cardwell C. Nuckols, MA, PhD  
President, Cardwell C. Nuckols and Associates, LLC

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Neurobiology, social sciences, spiritual disciplines (Eastern and Western) and psychology merge seamlessly into the understanding of 12-Step facilitated recovery. Science and psychology can help many alcoholics and addicts along the road to recovery. However, many aspects of recovery require spiritual solutions. Using a 12 step model, this training describes the journey through hopelessness, guilt, fear, desire and pride to acceptance and transcendence. This will be a personal and professional journey.

**Objectives:** Participants will:

- Understand how the mental process of perception changes as progress is achieved through the stages of recovery.
- Describe the five (5) levels of the genetically programmed, species specific unconscious mind and their relationship to addiction.
- Discuss the scientific evidence describing how the social brain responds (epigenesis and neurogenesis) to wellness activities.
- Discuss the process of "inner work", "connectedness", spirituality and transcendence as it relates to recovery.
- Understand the implications of the term "Growing up in AA".
- Learn how to work with narcissism utilizing spiritual principles and mindfulness meditation technique.
- Learn specific interventions from both Western psychology and Eastern philosophy (there are some problems in recovery that require spiritual solutions) relevant to the treatment of addictive disorders.

- Understand scientific evidence revealing how the mind/brain determines reality.
- Describe the treatment of such states as hopelessness, shame, fear and guilt.
- More fully describe addiction and recovery as an integration of spiritual, physiological, psychological, behavioral and social phenomenon.

SPONSORED BY CSAT

## TW2 THE JUVENILE SEXUAL OFFENDER: WHAT THE DATA ARE TELLING US, WHAT WE'RE DOING ABOUT IT, AND WHAT WE'D LIKE TO DO ABOUT IT.

D. Rush McQueen, Ph.D., CSOTP  
Psychologist, Accountability Based Sexual Offender Program  
Auburn University

**Target Audience:** Substance abuse, Chemical Dependency, or other professionals interested in gaining an understanding of the Juvenile Sexual Offender, their treatment, and case management based upon the latest data available.

**Description:** This course will provide an overview of juvenile sexual offending and an introduction to the treatment and case management of the juvenile sexual offender. Real-life treatment work products will be provided to illustrate treatment gains. Participants will be provided the opportunity to have frank, open discussion of their concerns as they face the challenge of managing juvenile sexual offenders in the community or in other contexts. Key sources of information and key resources will be identified.

**Objectives:** Participants will:

- Gain an appreciation of the prevalence and real-life impact of sexual offending in the community.
- Recognize the value of early intervention efforts and of providing sexual offender specific treatment to children and adolescents with sexual behavior problems.
- Discriminate between normal and abnormal sexual behavior in children and adolescents.
- Understand the similarities and differences among juvenile sexual offenders, children with sexual behavior problems, and adult sexual offenders.
- Be able to recognize the core components of the clinical management and treatment of juvenile sexual offenders.
- Begin to generalize their clinical, treatment planning, and case management experience and expertise to juvenile sexual offenders.
- Have a clear understanding of the potential clinical management needs of juvenile sexual offenders placed in the community.
- Have available to them sources of accurate, up-to-date information and contact information for experts in the area of sexual offender treatment.
- Establish new communication networks and further develop those already in place.

## TW3 EFFECTIVE APPROACHES TO GANG/YOUTH VIOLENCE & DRUG DEALING

Dr. Eddie L. Woods  
CEO, LIFE Institute, Inc.

**Target Audience:** The workshop is suited for professionals in areas related to law enforcement, education, government, the faith community, athletics, youth/family service providers, drug prevention, intervention and treatment, residential facilities, juvenile justice and parents.

**Description:** Day 1 is designed to give information on identifying real gang involvement and the gang sub-culture; how to impact youth drug dealing; and research based strategies for addressing these issues. It is designed to maximize resources for effective outcomes. This workshop component explores strategies for organizing and developing effective approaches to the impact of community youth gangs/violence and drug dealing. It is designed to maximize resources for effective outcomes. Day 2 explores strategies for defeating barriers to successful early intervention initiatives and how to get youth into appropriate treatment venues. It is designed to foster long-term results.

**Objectives:** Participants will:

- Identify pertinent risk factors.
- Identify appropriate resources.
- Know more about youth gangs and the allure of drug dealing than the youth that they care for and/or work with.
- Learn how to put together a strategy that can be evaluated for effectiveness.
- Learn to implement outcome oriented plans.
- Learn how to build in evaluation components on the front-end of their plans.
- Learn how to do effective follow-up and aftercare with their most at-risk clients.
- Learn a four-step evaluation process for evaluating the effectiveness of their community plans.

## TW4 AN ADVANCED PRIMER ON ADDICTION PHARMACY: WHAT BEHAVIORAL HEALTHCARE PRACTITIONERS NEED TO KNOW

Merrill Norton D.Ph., NCAC II, CCS  
Clinical Assistant Professor, University of Georgia College of Pharmacy, Athens, Georgia

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Medications have become an integrated component in the treatment of addictive disease- there is a new specialty in healthcare- addiction pharmacy. Addiction Pharmacy is the "know how" of the use of antidepressants, anti-craving, anti-psychotics, anti-anxiety, anti-manic, ADHD, and many others in the recovering patient. Dr. Norton has been involved with the development of addiction pharmacy for the last two decades and will bring to the participants a "down to earth" explanation of the how and why of these medications. You might also have a little fun too.

**Objectives:** Participants will:

- Understand the neurobiology and pharmacology of the current psychotropic medications used in the co-occurring treatment industry.
- Become familiar with the latest use of medication in the chronic pain patient.
- Learn the latest clinical diagnostic criteria for anxiety, mood, and psychotic disorders.
- Learn the latest use of pharmacotherapies for nicotine, drug, and alcohol dependencies.

## TW5 AN OVERVIEW OF SEX OFFENDER TREATMENT FOR A NON-CLINICAL AUDIENCE

Steve Hopkins, District Manager, Alabama Board of Pardons & Parole

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This course describes core elements of sex-offender specific treatment and how it differs from traditional mental health approaches; provides evidence on effectiveness of sex offender treatment and current state of treatment practices; and describes what to look for in a treatment provider

**Objectives:** Participants will:

- Be able to recognize that community protection is the overarching goal of sex-offender specific treatment.
- Be able to articulate differences between sex-offender specific treatment and other forms of mental health treatment.
- Be able to identify methods and interventions that comprise sex-offender specific treatment.
- Be able to describe what assessment is and why it is important in the treatment process.

SPONSORED BY THE ALABAMA BOARD OF PARDONS & PAROLE.



## TW6 (PTSD) POST TRAUMATIC STRESS DISORDER (PTSD): PREGNANT WOMEN WITH SUBSTANCE ABUSE/ALCOHOL ISSUES

Nancy Kilgore, M.S.  
Educator on PTSD & Domestic Violence

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Many pregnant women with PTSD attempt to rid themselves of their painful re-experiences, loneliness, depression, or panic attacks by abusing legal or illegal substances as a form of self medication. These findings highlight the need to focus on PTSD in women with substance abuse issues. Until recently, very little training attention has been about PTSD. Our nation is now focusing on this debilitating mental condition in educational formats. To implement human service work with women who have PTSD and substance abuse issues, this course will provide participants with methods and materials for making learning more efficient, effective and more productive.

**Objectives:** Participants will:

- Acquire core knowledge pertaining to PTSD in women who are pregnant.
- Understand and be able to define and recognize PTSD.
- Recognize drug/alcohol usage patterns of women and those that are pregnant who have PTSD.
- Learn helpful communication strategies for utilization with women who emit the symptoms of PTSD.
- Learn treatment strategies & self care options.
- Identify valuable resources on a community and national level.

## TW7 AN OVERVIEW OF THE CURRENT SUBSTANCE ABUSE SERVICES STANDARDS 2008

Mr. Robert Wynn, Treatment Director  
Ms. Maranda Brown, Adult Services Coordinator  
Dr. Barbara Jackson, Co-Occurring Services Coordinator  
Ms. Tammy Peacock, Adolescent Services Coordinator  
Alabama Department Mental Health and Mental Retardation,  
Substance Abuse Services Division

**Target Audience:** Substance Abuse and Chemical Dependency Professionals.

**Description:** This two-day course is designed to provide an up-to-date overview of current Department of Mental Health and Mental Retardation /Substance Abuse Service Division Certification Standards.

**Objectives:** Participants will:

- Become familiar with all changes to the certification standards.
- Be given an overview of the changes to the Adult, Adolescent, and Methadone Maintenance services standards.
- Become familiar with the Adult and Adolescent Co-Occurring Disorders services standards.
- Be afforded the opportunity to ask clarifying questions to the coordinators of the SASD concerning the standards.

SPONSORED BY THE ALABAMA DEPARTMENT OF MENTAL HEALTH AND MENTAL RETARDATION, SUBSTANCE ABUSE SERVICES DIVISION

## TW8 THE TROUBLED EMPLOYEE

Mary Lee Zawadski, CAP, ICADC  
International Consultant, Speaker and Educator

**Target Audience:** Supervisors of employees needing guidance and education as to how to work with the troubled employee.

**Description:** This course will focus on the many ways employees can be troubled in their own mind and spirit and/or body. Learn how this population can affect the workplace and the co-workers in all facets of business. An overview of different case management styles and what has worked and has not worked for the business world will be discussed. Case planning and modalities of assistance for the supervisors will be discussed.

**Objectives:** Participants will:

- Learn to identify the troubled employee.
- Learn to recognize when an intervention or other source of assistance is necessary.

- Understand the importance of getting the troubled employee assistance.
- Learn to have resources for referrals and assistance to the supervisors and the employees.
- Understand and demonstrate what an intervention process is.

## TW9 MOTIVATIONAL INTERVIEWING AND TREATMENT PLANNING

Suzanne Carrier, LCSW  
Women's Treatment Coordinator Division of Mental Health and Substance Abuse, Frankfort, KY

**Target Audience:** **PREREQUISITE:** Participants must have knowledge of the Spirit and principles of Motivational Interviewing; completion of at least one workshop/class; and integrating the Spirit into your work with clients.

**Description:** Treatment plans have become part of the "paperwork" overload and may be written to meet the "quality assurance" standards, or required program goals, and may be what the client really wants. Regulations have often set a pattern of prescriptive and repetitive goals that may or may not reflect the person receiving services. This workshop will shift the focus to create plans that reflect the client's autonomy and in the spirit of collaboration. The Spirit of Motivational Interviewing will be the underlying philosophy of this workshop (empathy, collaboration, autonomy and evocation). The workshop will be interactive and utilize role plays.

**Objectives:** Participants will:

- Identify program goals versus client chosen goals.
- Utilize MI to assist client in identifying personal goals.
- Identify ways to incorporate a treatment plan into the client's individual or group session.
- Identify barriers/support for using the Spirit of Motivational Interviewing and the development of treatment plans within your agency.

SPONSORED BY SCAT

## TWO DAY COURSES

### THURSDAY AND FRIDAY COURSES (TF)

## TF1 TRENDS & ISSUES IN MEDICATION ASSISTED TREATMENT

Steve Kiser, Regional Director  
Walker Recovery Center

**Target Audience:** Alcohol and Other Drug Abuse (AODA) Counselors, Probation and Parole Officers, Court Referral Officers, Mental Health Professionals, and Social Workers.

**Description:** History and systems of medication for treatment of opiate dependency will be reviewed with emphasis on the use of opiate replacement medications such as Methadone, LAAM, and Buprenorphine. Regulatory oversight of methadone maintenance and detoxification programs will be discussed and the reasons for shifting from Food and Drug Administration (FDA) to Center for Substance Abuse Treatment (CSAT) will be presented. We will investigate three models of intervention for persons addicted to mind/mood altering substances with special emphasis on the opiate addict. Medical, Abstinence and Psychodynamic approaches will be presented with discussion on integration into a viable single state treatment model that centers on use of opiate replacement medications to stabilize patients. Furthermore, we will explore the ramifications of enhanced therapeutic environments where a polysubstance abusing person can manage one addictive substance through medication while focusing on other addictive substances in an outpatient setting.

**Objectives:** Participants will:

- Learn the dynamics of medicated assisted treatment and recovery.
- Become familiar with the three core elements that drive addiction-chaos, genetics and availability.
- Learn how structured, regulated use of opiate replacement medications provide counterbalance to the chaos core element of addiction and allow for intervention of multiple issues.
- Be educated on the layers of regulatory oversight inherent in the use of methadone in the Opiate Treatment Program (OTP) modality.

SPONSORED BY TYCO HEALTHCARE

## TF2 LEARNING THE 12 CORE FUNCTIONS OF COUNSELING

Gary L. Garner, M.S. Cheaha Mental Health Center  
Kelly Price II, MPH, CADD, Agency for Substance Abuse Prevention

**Target Audience:** New Counselors in the field, Social Workers, Educators, School Counselors, Law Enforcement Professionals, Prevention Specialists, Health Professionals, Faith Community.

**Description:** Eight basic communication skills; attending, paraphrasing, reflection of feelings, summarizing, probing, counselor self-disclosure, interpreting and confrontation, are developed to assist the counselor with their interacting with the individual. Students will participate in practice sessions to further enhance their skills as a counselor. Students will have the opportunity to observe local professionals utilizing each of the skills in a recently revised video to assist them in their understanding of how the skills are used.

**Objectives:** Participants will:

- Improve their counseling skills through improving communication skills.
- Increase their understanding of the role communication skills play in counseling at all levels.
- Gain insight into the role of the counselor in the treatment process.

## TF3 THE HIJACKING OF THE ADOLESCENT BRAIN- THE NEUROBIOLOGY AND PHARMACOLOGY OF CORTISOL, MENTAL DISORDERS, ADDICTION, AND DEPENDENCE

Merrill A. Norton, D.Ph., NCAC II, CCS  
Clinical Assistant Professor University of Georgia, College of Pharmacy, Athens, Georgia

**Target Audience:** Addiction Counselors, Court Service Workers, Judges, Attorneys, Rehabilitation Counselors, Social Workers, Professional Counselors, Marriage and Family Counselors, Pharmacists, Psychologists, Physicians, Nurses, Dentists, and Mental Health/Substance Abuse Treatment Personnel.

**Description:** This presentation is for professionals who work with adolescents challenged with a psychoactive chemical abuse/dependence or mental illness. The presentation will teach the body of knowledge from recent research relevant to the neurobiology of ADD/ADHD, anxiety disorders, depressive disorders, substance abuse and dependence. A review of the latest neurotransmitter and neurohormonal research on the impact of psychoactive chemicals on the brain will be the primary focus of this presentation. An overview of the "hijacking" of the HPA axis will also be included in this discussion.

**Objectives:** Participants will:

- Recognize the latest neurotransmitter research of psychoactive mental disorders and psychoactive chemical abuse/dependence.
- Explain the neurochemical basis of the hijacking of the HPA axis and its effects on the stress mechanisms of the brain.
- Describe the neurobiological basis of psychoactive chemical use, abuse, addiction, dependence, depression, and anxiety in the adolescent brain.
- Explain the four types of genetic predisposition of alcoholism in adolescents.

## TF4 ADOLESCENT GROUP TECHNIQUES THAT REALLY WORK

John Pittman Mullins, MEd, MLAP, ICADC  
Owner, PittDotSap, LLC & Challenge Inc.

**Target Audience:** Any Therapist (Child/Adolescent/Adult), Prevention Workers, School Guidance Counselors, Teachers (Mainstream or Alternative), Camp Workers, Case Managers, Outpatient, Residential and Corrections.

**Description:** Want to have loads of fun and challenge yourself to improve your group skills? Would you like to improve your learned art form of group process? How does one really use Reality Therapy with acting out clients/students? Do you know how to harness the power of the idea in the individual and/or group? Would you like to enhance the willingness of each client/student with multiple games and initiatives to use in your group setting? How do you make learning and the need to change experiential?

**Objectives:** Participants will:

- Understand the core theories of group dynamics.
- Learn the practical use of the "Reality Therapy" for acting out clients/students (child to adult).
- Gain the principles of "Positive Peer Culture" to effect therapeutic change.
- Grasp the importance of creating their own "Bag of Tricks" (e.g., props, toys, storytelling, analogies and metaphors) which can effect positive change to the individual and group.
- Learn about and then "how to" use Group Value Contracting, Group Standards and Group Routine and Order within any short or long term group.

SPONSORED BY PITTDOTSAP, LLC AND CHALLENGES INC.

## TF5 LEARNING THE ART OF GROUP THERAPY

Bob Davis, MA, LAPC, CAC II  
Independent Contract, Auburn Georgia

**Target Audience:** Group facilitators with **at least one year** of experience, who are interested in refreshing knowledge and learn new skills.

**Description:** Learning and sharing with a combination of didactic and experiential exercises. Have fun and learn at the same time.

**Objectives:** Participants will:

- Describe, select, and appropriately use strategies from accepted and culturally appropriate models for group counseling with clients with substance use disorders.
- Carry out the actions necessary to form a group, including, but not limited to: determining group type, purpose, size, and leadership; recruiting and selecting members; establishing group goals and clarifying behavioral ground rules for participating; identifying outcomes; and determining criteria and methods for termination or graduation from the group.
- Facilitate the entry of new members and the transition of exiting members.
- Facilitate group growth within the established ground rules and movement toward group and individual goals by using methods consistent with group type.
- Understand the concepts of process and content, and shift the focus of the group when such an intervention will help the group move toward its goals.
- Describe and summarize client behavior within the group for the purpose of documenting the client's progress and identifying needs and issues that may require a modification in the treatment plan.
- Develop personal style through use of alternative methods of communication and connection with clients.
- Work on relationship building as a method of working with ambivalent clients.
- Use structured exercises in working with a non-voluntary population.

## TF6 JOINING FAMILIES IN RECOVERY FROM ADDICTION

Dee Lexandra, Ph. D., MSW, LCSW, CAP  
Solutions for Employee Advancement, LLC

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** Many important factors contribute to continued recovery from alcohol and drug addiction. Present and past family relationships of the recovering client offer valuable keys to the success of the client's recovery process. This course will first, describe the impact of family systems and addiction, second, provide the necessary skills for family counseling interventions in addiction treatment, and finally, provide didactic exercises to practice and connect to the "language" of client family systems in addiction treatment.

**Objectives:** Participants will:

- Identify the dynamics of family and couple systems including cultural diversity and beliefs about substance use.
- Understand hereditary, social, and environmental factors which contribute to the development of chemical dependency in a family.
- Learn assessment skills for identification of family "language" and resiliency factors that are part of successful treatment outcome for the individual in recovery.
- Identify skills for a relational focus of change by supporting the voice of client and family members.



- Practice skills for counseling families in recovery from addiction with case examples, and group exercises.
- Identify community resources and the supportive role of counselor for connection to long term goals.

SPONSORED BY SCATTC

## TF7 TREATMENT OF ADOLESCENT AND ADULT SUBSTANCE ABUSE AND THE CRIMINAL JUSTICE SYSTEM - "THEY WORK WHEN THEY ARE WORKING TOGETHER"

Tom Mihokanich  
WTM & Associates

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** In this course participants will learn through lecture and role play some of the key components of the criminal justice system and the substance abuse treatment system needed to work together. Through presentation and discussion this group will also look at the issues around youth and drug abuse and the system.

**Objectives:** Participants will:

- Define what substance abuse is diagnostically and as a brain disease.
- Present multiple principles of effective drug treatment, follow up and outcomes.
- Identify the roles of each professional group.
- Cover issues of confidentiality and communication.
- Learn strategies to maximize impact on this population, their families, and community.

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## TF8 ENVIRONMENTAL STRATEGIES FOR YOUR COMMUNITY

April Knight, CPM  
Northwest Alabama Mental Health Center

**Target Audience:** Prevention Professionals, Educators, Law Enforcement Officials, Community Coalition Leaders and others who are responsible for the planning and delivery of substance abuse prevention programs and strategies.

**Description:** In this course we will discuss how to determine which environmental strategies are appropriate for your community. We will learn how to determine community readiness as well as utilize risk and protective factors to prescribe the most effective strategies.

**Objectives:** Participants will:

- Learn about tools that will help them diagnose their community readiness level for prevention.
- Learn to utilize risk and protective factors to develop an environmental prevention plan.
- Learn environmental prevention is not one size fits all, and that environmental prevention plans must be tailored to the community.



## TF9 UNDERSTANDING AND UTILIZING ASAM PLACEMENT CRITERIA IN THE TREATMENT SETTING

Barbara R. Zander, M.A, CACII, CCS, CMOTC

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This course will be a combination of didactic and experiential learning. The primary focus will be to gain a comprehensive understanding of both the five basic levels of care and the criteria dimensions outlined in ASAM PPC-2R in order to provide better treatment strategies and enhanced outcomes for the substance abuser.

**Objectives:** Participants will:

- Be able to identify the five basic levels of treatment in the ASAM PPC-2R.
- Understand and utilize the crosswalk for appropriate patient placement.
- Examine existing treatment availability within the community to support the ASAM criteria.
- Compare assessment tools and ASAM compatibility.

SPONSORED BY THE ALABAMA DEPARTMENT OF MENTAL HEALTH AND MENTAL RETARDATION, SUBSTANCE ABUSE SERVICES DIVISION

## TF10 SOCIAL AND MULTICULTURAL DIVERSITY AWARENESS IN SPECIAL POPULATIONS OF SUBSTANCE ABUSERS

Elana M. Parker, M.Ed, MLAP, Re Entry Coordinator/Public Health Liaison, Alabama Department of Corrections/Alabama Department of Public Health

Ronald Douglas, MA, CCJP, ADC, Drug Treatment Supervisor, Alabama Department of Corrections – St. Clair Prison

Anthony O. Morris, LMFT, MLAP, CAC, Executive Director, Jefferson County AIDS in Minorities

John Hankins, RN, MBA, State Nursing Director, Alabama Department of Public Health

**Target Audience:** Substance Abuse and Chemical Dependency Professionals, Social Workers, Probation and Parole Officers, Community Corrections Professionals, Court Referral Officers, Drug Court Professionals, Juvenile Justice Professionals, and other related human services professionals.

**Description:** This course will provide a comprehensive multicultural overview on diversity issues and gender responsive strategies for addressing the social needs of special populations of substance abusers. Information will be provided on the Hispanic/Latinos, Incarcerated/Ex-Offenders, Men Who Have Sex with Men, Trans-gendered Persons and Sex Workers.

**Objectives:** Participants will:

- Learn about the social characteristics and cultural dynamics of the targeted subpopulations.
- Brainstorm options for ensuring that agency programs and services are culturally sensitive.
- Identify barriers to accessing health care and social service resources.
- Discuss gender sensitive and therapeutic treatment strategies.
- Identify the availability or lack of specialized community resources.

SPONSORED BY ALABAMA DEPARTMENT OF CORRECTIONS AND ALABAMA DEPARTMENT OF PUBLIC HEALTH

# REGISTRATION FORM

Alabama School of Alcohol and other Drug Studies  
P.O. Box 19154, Birmingham, AL 35215, or fax to (205) 221-1802

Name \_\_\_\_\_ S.S.# \_\_\_\_\_  
Last First M.I. last four digits

Preference on Name Tag: \_\_\_\_\_ Title \_\_\_\_\_

Business \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ T-Shirt Size: Circle one: **S M L XL XXL XXXL**

ASADS is committed to complying with requirements of the Americans with Disabilities Act. Please make your request for accommodation at least 30 calendar days in advance of program date, by stating your request here.

MULTIPLE COURSE OPTIONS: Please enter your 1st, 2nd, and 3rd choices.

Enter the corresponding course numbers listed in the brochure for each course you wish to attend.

HOW MANY TOTAL DAYS DO YOU PLAN TO ATTEND THE CONFERENCE? \_\_\_\_\_

**TWO-DAY COURSES:** 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_  
(Tuesday and Wednesday)

**TWO-DAY COURSES:** 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_  
(Thursday and Friday)

**ONE DAY COURSES:** **Monday** . . . . . 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_

**Tuesday** . . . . . 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_

**Wednesday** .. 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_

**Thursday** .... 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_

**Note: Pay close attention not to sign up for courses that will overlap.**

5 DAY ATTENDANCE FEE . . . . . \$325.00

4 DAY ATTENDANCE FEE . . . . . \$300.00

3 DAY ATTENDANCE FEE . . . . . \$225.00

2 DAY ATTENDANCE FEE . . . . . \$150.00

1 DAY ATTENDANCE FEE . . . . . \$75.00

FINANCIAL ARRANGMENTS should be made prior to February 22, 2008.

**AFTER FEBRUARY 22, 2008, AN ADDITIONAL \$50.00 LATE FEE MUST BE INCLUDED.**

I verify that payment will be made in the following manner:

\_\_\_\_\_ A check (made payable to the Alabama School of Alcohol and Other Drug Studies) is attached.

\_\_\_\_\_ A purchase order/voucher (made payable to the Alabama Alcohol and Other Drug Studies and signed by the appropriate individual authorized by the billing agency) is attached. Federal Id number is 63-1260698.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

Alabama School of Alcohol and other Drug Studies  
P.O. Box 19154  
Birmingham, Alabama 35215

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  - ◆ Alabama Board of Pardons and Parole ◆ TYCO Healthcare ◆ AADAA
- ◆ Drug Testing Program Management ◆ Madison County Mental Health Center